How to keep the character in place, instead of pacing about on a narrow NavMesh.

Adjust the 'Turn Rate' and 'Trigger Angle' settings within 'Behavior > Data Settings' to mitigate the impact of movement speed on the character's orientation. Please note that this modification might introduce another issue related to foot sliding.

Reallusion FAQ

https://kb.reallusion.com/Product/53181/How-to-keep-the-character-in-place-instead-of-pacing-about-on-